

馮偉業物理治療師事務所 Kerry Fung and Associates Physiotherapy Services

<http://www.kerryfung.com> Email: physio@kerryfung.com Phone: 2537 2083



如何踢走大肚腩

體重管理是健康生活的長期方針。不正確體重管理可能會導致肥胖，從而增加慢性疾病的風險，如二型糖尿病、高血壓和心血管疾病等。體重管理一般被認為是單純透過健康的飲食和體育鍛煉，以達致能量消耗與能量攝入的平衡。可是，這是否體重管理的全部？絕對不是！中國諺語說：「工欲善其事，必先利其器」。正確和有效的方法對成功的體重管理是非常關鍵的。因此，這時難得的機會瞭解體重管理的最新和最有效方法。

日期：2014年10月23日(星期四)

時間：晚上七時半至九時

地點：香港中環德輔道中二十號德成大廈508室

講者：陳海聰醫生 & 潘啟光物理治療師

Talk in Cantonese

Weight Management

Weight management is a long-term approach to a healthy lifestyle. Inappropriate weight management may lead to obesity, which increases the risk of many chronic diseases such as Type 2 diabetes, hypertension and cardiovascular disease. Weight management is thought to maintain a balance of healthy eating and physical exercise to equate energy expenditure and energy intake solely. However, is it the whole story of weight management? Definitely Not! A Chinese Proverb said "One must have good tools in order to do a good job". Correct and effective means are very critical for successful weight management. Therefore, it is a rare chance to understand the most latest and effective methods of weight management in our seminar.

費用全免，
名額有限，
請即報名。

有關查詢請致電
2537 2083 / 3741 1970